

REGULARLY HELD ACTIVITIES



MONDAY CLUB 1.30 p.m.

Kesgrave Social Club, Edmonton Road, Kesgrave, IP5 7EE
Board Games, Dominoes, Kurling etc. or just a chat
Session £2.00 incl. Tea/Coffee & biscuits

Dee/David Parmenter

Mob: 0744 3491 666

**YOU DON'T
HAVE TO BE
GREAT TO
START.
BUT YOU DO
HAVE TO START
TO BE GREAT!**

EXERCISE MONDAY 5.45-7.15p.m. EXCEPT BANK HOLIDAYS

Chantry Academy Community Use
Facilities, Mallard Way,
Ipswich, IP2 9LR.
Exercise for members, partners or their
carers.

EXERCISE WEDNESDAY 4.30-6 p.m. Felixstowe Leisure Centre, Undercliff

Road West, Felixstowe, IP11 2AE
Exercise for members, partners or their
carers.

Peter/Diane Marriott (01394) 286037
Mob: 0797 4756 498 (Peter)
Mob: 0781 7294 283 (Diane)

All sessions are £5.00 each





SWIMMING

WEDNESDAY 3-4 p.m.

SATURDAY 11 a.m.-Noon

Swimming at Fore Street Baths,
Ipswich Sessions **£3.00**

Adrian Cole (01473) 602484



TEN PIN BOWLING

FRIDAY 10 a.m. - 1 p.m.

KingPin Bowling, Martlesham Heath,
**All year round but subject to lane
availability during school holidays.**
£7.00 (including bowling, shoe hire
and a free cup of coffee).

Margaret Cockrill (01473) 271958

ART GROUP

WEDNESDAY 9.30 a.m. - Noon

Rushmere Sports Centre, The Street,
Rushmere St Andrews, Ipswich

Water Colours, Oils, Acrylics, Pastels.
Friendly and sociable mixed group
Sessions **£3.50**

Judith Haslam (01473) 716805



LINE DANCING

THURSDAY 2 p.m

Kesgrave Social Club, Edmonton
Road, Kesgrave. IP5 7EE

Line dancing partners are welcome
to come and enjoy a game of cards
or just a drink and a chat.

Sessions **£3.00**

Maureen/John Davis
(01473) 680496

